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Tuesday, May 23, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

"TWIN PEAKS" HEATS UP

Who's still looking damn fine, 25 years later? 15

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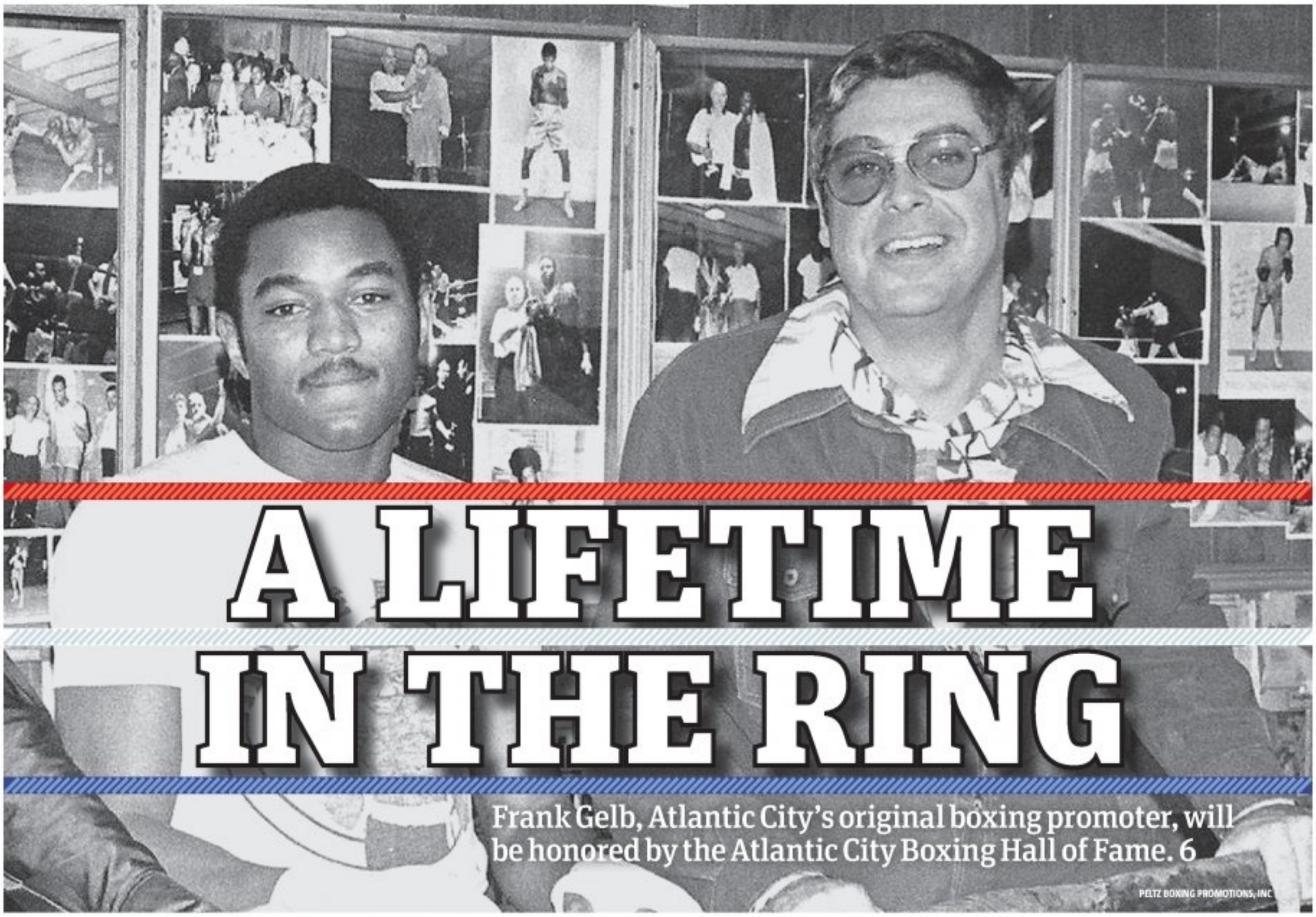
Philly Union perform miracles on pitch. 20



A LIFETIME IN THE RING

Frank Gelb, Atlantic City's original boxing promoter, will be honored by the Atlantic City Boxing Hall of Fame. 6

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GORE: TRUMP CAN'T STOP PROGRESS ON CLIMATE

1 President Donald Trump cannot stop momentum to tackle climate change, former U.S. vice-president Al Gore said on Monday as he promoted his latest film on global warming at the Cannes Film Festival. "An Inconvenient Sequel: Truth to Power" is the follow up to "An Inconvenient Truth", the documentary credited with bringing climate change into mainstream political discourse in the United

States a decade ago.

Shot mostly before Trump's election, it features the Republican candidate on the campaign trail promising to abolish environmental regulations and boost the coal and oil industries. At one point Trump tells a rally: "We need some global warming — it's freezing!" REUTERS

HACKERS HIT RUSSIAN BANK CUSTOMERS

2 Russian cyber criminals used malware planted on Android mobile devices to steal from domestic bank customers and were planning to target European lenders before their arrest, investigators and sources with knowledge of the case told Reuters. Their campaign raised a relatively small sum by cybercrime standards - more than 50 million roubles ($892,000) - but they had also obtained more sophisticated malicious software for a modest monthly fee to go after the clients of banks in France and possibly a range of other Western nations. Russia's relationship to cyber crime is under intense scrutiny after U.S. intelligence officials alleged that Russian hackers had tried to help Republican Donald Trump win the U.S. presidency by hacking Democratic Party servers. REUTERS

FLYNN DECLINES US SENATE SUBPOENA

3 Former White House national security adviser Michael Flynn declined to comply with a subpoena from the Senate Intelligence Committee as it investigates possible Russian interference in the 2016 U.S. election. He invoked his Fifth Amendment protection against self-incrimination. The retired lieutenant general, a key witness in the Russia probe, sent a letter to the committee informing members of his decision. The Senate Intelligence Committee is conducting one of the main congressional probes into U.S. intelligence agency allegations of Russian meddling in the U.S. presidential election and whether there was any collusion between President Donald Trump's campaign and Russia. REUTERS

TRUMP DIPLOMACY

4 President Donald Trump visits the Western Wall, the holiest site where Jews can pray, in Jerusalem's Old City on Monday. GETTY IMAGES

5 THINGS YOU NEED TO KNOW

PREP SCHOOL STAFFERS IN SEXUAL MISCONDUCT

5 An elite New Hampshire prep school acknowledged on Monday that 13 former members of its staff engaged in sexual misconduct with students in incidents dating back decades, following an independent review by a Boston law firm. The St. Paul's School apologized and said that it had failed to adequately investigate allegations of sexual abuse by staff. The report follows the arrest last year of a former Episcopal priest, Howard White, who served as the school's chaplain in the late 1960s and early 1970s on charges that he sexually assaulted a teenage student. "The school failed to protect students from sexual abuse and sexual misconduct done to them by adults entrusted with their care," wrote Rector Michael Hirschfeld and Board of Trustees President Archibald Cox in an open letter to school families. REUTERS

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MICHAEL MARTIN

Drama between President Trump and first lady Melania continues to unfold. In the latest episode, Melania appeared to slap away Trump's outstretched hand when he offered it on a tarmac in Israel. See the clip and get the details at **metro.us/president-trump**

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The sexual assault trial of Bill Cosby is scheduled to begin next month. GETTY IMAGES

Jury for Cosby's sex assault trial starts to take shape

Cosby, once known as America's favorite TV dad for his role on 'The Cosby Show' sitcom, has denied any wrongdoing.

The Pennsylvania jury that will decide comedian Bill Cosby's fate at his sexual assault trial next month has its first five members.

A long day of jury selection in Pittsburgh on Monday yielded five jurors from a pool of 100 potential members who answered hours of questions in court, many related to the wave of sexual abuse allegations that destroyed Cosby's family-friendly reputation in recent years.

"You probably figured out it was probably a big case," Judge Steven O'Neill told the potential jurors in Pittsburgh at the start of what is expected to be several days of jury selection.

The 79-year-old Cosby, who walked into court with a cane and spent much of the hearing chatting with his lawyers, is accused of drugging and sexually assaulting a woman named Andrea Constand in 2004 at his suburban Philadelphia home.

Dozens of women have leveled similar allegations at Cosby stretching back decades, though Constand's claims are the only ones to result in criminal charges.

In a rare interview last week, Cosby suggested racism had played a role in his treatment because he is black.

The three men and two women, all white, who were picked for the jury will eventually be joined by seven more jurors and four alternates. One said his sister had been a sexual assault victim but that he could put that aside in judging the case.

Jurors' identities will not be released.

Each side can reject seven potential jurors and three alternates without explanation. The defense rejected four on Monday, while prosecutors dismissed two.

Forty-two potential jurors will return to court on Tuesday for additional questioning. Hundreds of other prospective jurors are also available if needed.

Under the law, jurors can have some knowledge of the case, as long as they can base their verdict solely on the evidence at trial, said Douglas Sughrue, a Pittsburgh defense attorney.

> *"You probably figured out it was probably a big case,"*
>
> Judge Steven O'Neill told the potential jurors.

"A fair trial doesn't mean that people aren't going to know anything about the defendant," Sughrue said.

Underscoring the challenge O'Neill faces, 86 potential jurors said they were aware of the Cosby case, while 34 said they already had formed some opinion regarding his guilt or innocence.

The pervasive media coverage led O'Neill to agree with defense lawyers to pull jurors from Pittsburgh, 300 miles away from Montgomery County, where the trial will take place starting on June 5.

REUTERS

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Neil Gelb discusses the career of his father, AC boxing promoter Frank Gelb, in his Center City law office. KAITLYN MOORE

Atlantic City's original boxing promoter recalls a career in the ring

Frank Gelb will be honored by the Atlantic City Boxing Hall of Fame.

HAYDEN MITMAN
@MetroPhilly
letters@metro.us

If you've seen any boxing events along the East Coast in the past 40 years, you likely have one man to thank for it: Frank Gelb.

In a career that has spanned more than four decades, Gelb has worked to promote some of the biggest names in boxing, and has since turned his attention to the biggest names in opera.

It's a varied career that will be celebrated on Memorial Day weekend, when Gelb will be inducted into the Atlantic City Boxing Hall of Fame.

"I loved it," the 80-year-old Gelb said in an interview. "I didn't want to see either fighter get hurt; I loved it so much."

Since 1973, Gelb has worked as a promoter, taking boxing events throughout the region. Often, he worked with his son, Neil – who is now a Center City personal injury lawyer – who would set up the rings for the fights.

When asked about some of his most memorable fights, Gelb said he remembers the first fight to be brought to the casinos in Atlantic City – Howard Davis Jr. versus Luis Davila on November 4, 1978.

It was his first time promoting fights for Atlantic City casinos, but it was far from his last because, Gelb said, in those days, he was the only individual with the license that allowed him to promote boxing in the city.

"I had the license – no one challenged it. That was the rule at the time," said Gelb. "When the casinos opened, I automatically morphed into their promoter."

> *"I didn't want to see either fighter get hurt; I loved it so much."*
>
> 80-year-old Frank Gelb

Over the years, he said, Gelb worked with great local boxers, like Matthew Franklin, Leroy Roberts and Tyrone Everett. Gelb said he had close relationships with many boxers. In fact, Everett's death – the promising young boxer was murdered by his girlfriend in 1977 – had a profound impact on him, Gelb recalled.

"That took a lot out of me," Gelb recalled. "I felt that he was robbed of his chance to be a champion."

Gelb also worked to promote the greatest fight that, he felt, was ever held in Philadelphia, Matthew Franklin versus Marvin Johnson. The April 22, 1979, fight was named one of the best 100 title fights of all time by The Ring magazine.

In fact, Gelb said the he worked on so many fights – especially during the 1987 strike of the National Football League, which left networks scrambling for sporting events to air – that for some time he was working several fights a day at a variety of casinos all along the boardwalk.

In more recent years, Gelb has gotten into promoting opera. In fact, his only client, currently, is opera superstar Andrea Bocelli. The shift from fisticuffs to falsettos, he said, happened by chance when he was asked to help promote shows for a singer he had never heard of – Luciano Pavarotti.

"I didn't know anything about opera," Gelb said, noting that he asked the singer's weight out of habit, and was told, "He's the biggest heavyweight you'll ever meet."

Gelb will be inducted into the Atlantic City Boxing Hall of Fame during a ceremony to be held on Sunday, May 28, at Atlantic City's Brighton Park from 9 a.m. to 1 p.m. For more information, visit www.acbhof.com

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A group of local leaders converse at a table during the announcement of On the Table Philly. JAMES PAIGE

DISCUSSIONS TO FEED GROWTH IN PHILLY

ROB WONDERLING

Growing up in Lebanon County, my family often had supper with neighbors and folks who were visiting the area. Sitting around a table discussing everything from crops to politics gave me insight into what was going on around the world but also a better understanding of how people felt about the issues affecting their lives.

A new initiative called On the Table Philly seeks to re-create that casual but informative conversation with people from different walks of life.

The Chamber of Commerce for Greater Philadelphia is pleased to be a part of this important initiative. After all, bringing people together from our city's neighborhoods to discuss issues is what we do. Our Roadmap for Growth Action Team, an initiative that convenes civic and neighborhood organization leaders in order to address these issues and create a pro-growth, pro-jobs agenda, seeks to lift and improve Philadelphia's economic and civic life.

The main focuses of the Roadmap for Growth Action Team are:

- Advocating for policies that contribute to the city's economic and civic well-being
- Building a coalition of businesses, nonprofits, and civic and neighborhood organizations that care about Philadelphia's economy and quality of life
- Convening important actors and providing solutions for challenges that Philadelphia's businesses, residents and government face
- Collaborating to improve the city's quality of life through problem-solving
- Supporting economic opportunity across race, gender and ethnic boundaries

Developing a dialogue to foster communication and finding areas of common ground are important if we are to move forward as a community. Tragically, Philadelphia's poverty rate now exceeds 26 percent. That's unacceptable, and we must do more to ensure that all people are part of the economic growth the city is now experiencing.

In addition, we need to focus on diversity and inclusion within city businesses, both small and large, and help find solutions for our most vulnerable citizens. By participating in On the Table Philly, we will help identify opportunities and solutions that will lead to growth and prosperity regionwide.

If you would like to get involved with the Roadmap for Growth Action Team and continue the conversation, contact me at rwonderling@chamberphl.com.

SHOCKING ATTACK

Video shows a Coatesville man mocking, assaulting disabled man

A 29-year-old Coatesville man was arrested earlier this month for allegedly assaulting a man who suffers from cerebral palsy outside of a convenience store, authorities said.

According to the Chester County District Attorney's Office, Barry Baker of Somerset Drive was arrested after he was caught on surveillance video assaulting a 22-year-old man who suffers from cerebral palsy — a disorder that can impair muscle control.

In the video that was taken at about 2:30 a.m. on May 10 and shared by the DA's office, Baker can be seen mocking how the victim walked after the victim parked his car at a 7-Eleven convenience store located at 200 S. High St. in West Chester.

After the victim exited the store, law enforcement officials said Baker — who can be seen wearing a yellow hooded sweatshirt in the video — continued to mock the man before punching him in the face without warning.

After the incident, police said, Baker could be seen fleeing the scene.

On Monday, the DA's office announced that Baker has been charged with simple assault and related crimes.

Baker's bail has been set at 10 percent of $25,000, and his preliminary hearing is scheduled for May 30. HAYDEN MITMAN

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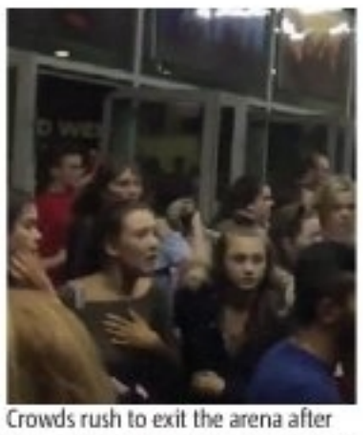
Blast kills 19 at Ariana Grande concert; police treating it as 'terror'

Police in the United Kingdom have confirmed fatalities in a "serious incident" amid reports of an explosion during an Ariana Grande concert, according to reports on Monday.

Two loud bangs were heard between 10:40 p.m. and 10:45 p.m. as Ariana Grande finished her performance, the Manchester Evening News reported.

An emotional witness told CNN that she saw 20 or 30 bodies on the floor, but that number has not been confirmed. Family members are posting photos of loved ones on Twitter in the hopes that someone has been in contact and knows if they are OK.

A video posted on Twitter showed fans screaming and running inside the venue.



Crowds rush to exit the arena after the bombing. @0 EARTH_UNIVERSE/TWITTER SCREENGRAB

Concert-goer Hannah Dane told the Guardian there was "quite a loud explosion heard from inside the Manchester Arena and it shook, then everyone screamed and tried to get out.

"As we got outside, lots of police came racing towards the area and the whole of the Victoria train station was surrounded by police." People were "screaming and crying everywhere shouting that there's a bomb and also people were saying there's a shooter."

Police blocked off roads and warned people to stay away from the arena.

"Emergency services responding to serious incident at Manchester Arena," Greater Manchester Police said. "Avoid the area."

Britain is on its second-highest alert level of "severe" meaning an attack by militants is considered highly likely.

KIMBERLY M. AQUILINA

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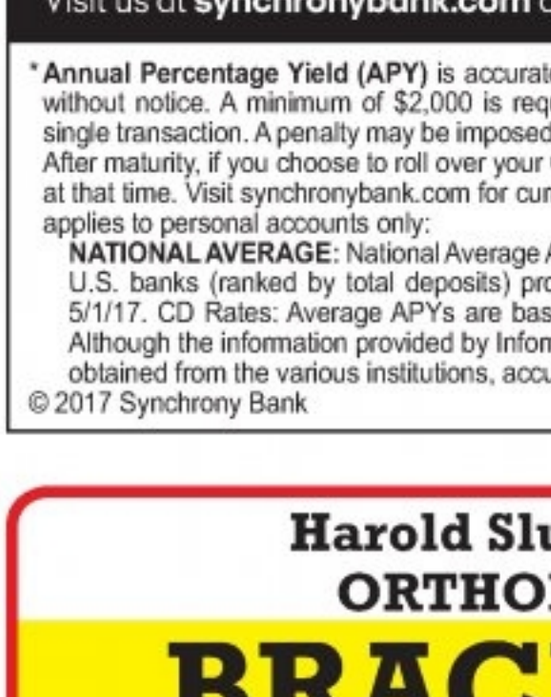

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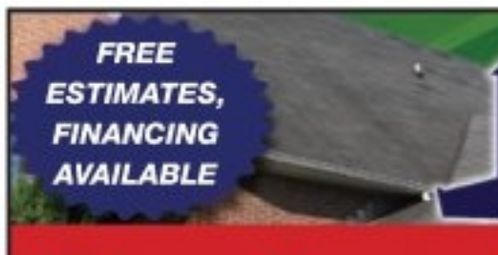

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The many benefits of participating in clinical trials

WRITTEN BY
Amy Smith

Clinical trials are usually a win-win all around; pharmaceutical companies carry out invaluable research to get new drugs to market, while participants receive compensation and access to free medications-at least that's the case at The Clinical Trial Center in Jenkintown, which makes research studies easy and accessible.

"Without good volunteers who meet the criteria, we wouldn't be able to get more specific and better medications out there," says Marvin Kalafer, M.D., principal investigator and physician. "We're available for them 24/7 to address any questions or concerns because safety and efficacy are of utmost importance."

At The Clinical Trial Center, participants have peace of mind knowing that everything is 100 percent confidential, complimentary and totally voluntary. Every study offers some form of compensation, and there are absolutely no out-of-pocket costs.

"Participants never have to show an insurance card or pay a co-pay," adds Dr. Kalafer. "And they're compensated for the time and effort of coming into the office; usually anywhere from $50 to $100 per visit. In addition, all the study tests and medications are free."

The Clinical Trial Center works with pharmaceutical companies exploring investigational new medications that are already on the path to FDA approval. Research studies are a key piece of the puzzle as they provide the data required to bring these new drugs to market.

"Qualified volunteers are vital to the process," says Dr. Kalafer. "They play a crucial role in getting life-changing new medications to the masses."

Taking part in a clinical trial is a powerful way to actively engage in your own health care, especially since it may open the door to innovative new treatment options that are otherwise unavailable. On the other side of the coin, participation also helps the medical community eradicate disease and accelerate new breakthroughs.

"Conducting these trials helps us discover the potential big-picture benefits of new medications," says Dr. Kalafer. "These kinds of medical science advancements can have a powerful ripple effect that benefits both current and future generations."

An institutional review board also oversees the research facility; Dr. Kalafer and his team are dedicated to transparency across the board. And as Dr. Kalafer mentioned earlier, safety is the facility's top priority. The Clinical Trial Center is staffed with highly trained and experienced medical personnel that includes physicians, nurses, specialists, lab technicians and beyond. The facility has been a mainstay in Jenkintown for close to three decades, delivering warm, compassionate care that always puts the patient first.

A wide range of clinical trials are currently open for enrollment. Focus areas are in Alzheimer's disease, endometriosis, asthma, uterine fibroids, iron deficiency anemia and osteoarthritis. Interested in participating?

Learn more by visiting www.TheClinicalTrialCenter.com or calling 215-884-1700.

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Bombing at Manchester Arena

Members of the public receive treatment from emergency service staff at Victoria Railway Station close to the Manchester Arena on May 23, 2017, in Manchester, England. There have been reports of explosions at Manchester Arena where Ariana Grande had performed this evening. Greater Manchester Police have have confirmed there are fatalities and warned people to stay away from the area. GETTY IMAGES

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Aging In Place - Bathroom Updates

We asked our Bath Experts provide answers to a few of our most frequently asked questions about Bath Safety. A topic of concern with baby boomers.

"My husband was diagnosed with a long term illness. What safety items do you offer? We want to convert from a tub to a shower now, before his illness progresses."
- Lois, Collegeville, PA

We offer showers that have a low "curb" option so if you use a wheelchair or walker, you can easily get in the shower and walk-in tubs with an in-swinging or out-swinging door. Safety grab bars, handheld adjustable and removable shower heads, non-slip textured shower floor, and shower seats are also among our safety features.

"Next Month I am having my hip replaced. Can you really redo my bathroom in just one day? I have been told it takes almost a month."
- Fred, Abington, PA

YES, we do shower and tub area conversions in one day. A traditional tile bathroom can take several days or weeks to complete. You have to deal with removing old tiles and the debris, then prep the wall for new tile, install new tile, let the adhesive dry, grout, etc. All that can take much longer that our One Day Replacement method.

"I am almost 80 and really want to stay in my home of over 30 years. What changes do you suggest I make now so I can continue to bathe safely in the future?"
- Susan & Barry, Norristown, PA

Most of us will experience mobility issues as we get older. It's good to think ahead and make changes now that will make life easier in the years to come. We can change your existing tub into an easy-access shower or walk-in tub with safety features like grab bars, a shower seat, handheld, adjustable shower head and a non-slip textured bottom.

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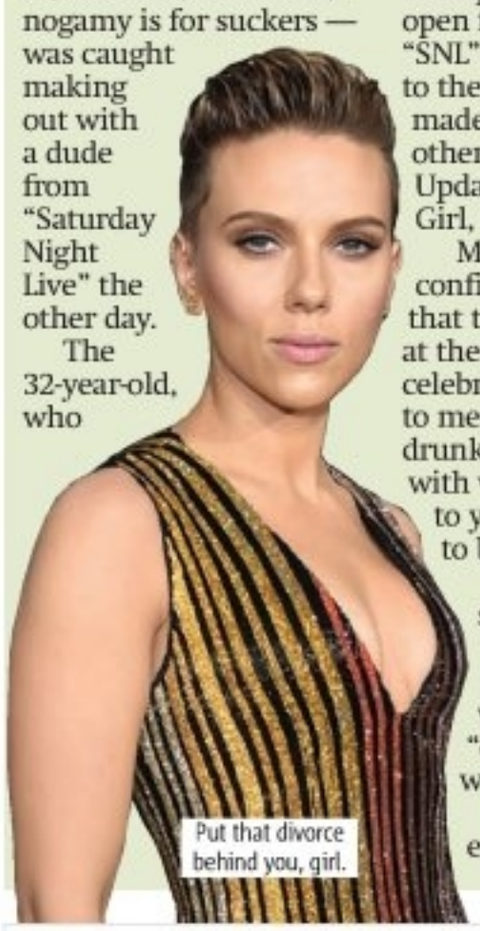
Scarlett Johansson and Colin Jost do some heavy petting

Scarlett Johansson — a woman who thinks monogamy is for suckers — was caught making out with a dude from "Saturday Night Live" the other day.


Put that divorce behind you, girl.

The 32-year-old, who briefly starred as Ivanka Trump on the cold open for Saturday's "SNL" finale, headed to the after-party and made out with none other than "Weekend Update's" Colin Jost. Girl, I guess.

Multiple sources confirm to Page Six that the two hit it off at the boozy postfinale celebrations. Sounds to me like a classic, get drunk and make out with whoever is closest to you sort of thing, to be honest.

Another source said the pair was flirting and canoodling, and can we just agree that "canoodling" is the worst word, ever?

Anyway, whether this was a one-time thing, or these two will be touching mouths for months to come, kudos! We've all been at an after-party where the lighting is dim and romantic, and the booze is just a-flowing, and your lips come this close to someone else's lips and you just make out. And then, some sneak who has been creeping on you goes to Page Six and tells all your business. I mean, we've all been there, right?

Miley Cyrus has completed her transformation

On Sunday night, Miley Cyrus performed her single "Malibu" for the first time at the 2017 Billboard Music Awards. It was emotional, or something! According to E! News, she choked up while singing the last verse of the song — which is about her fiancé, Liam Hemsworth.

From ratchet cocoon to virginal butterfly. ALL PHOTOS GETTY IMAGES

It's nice that Miley and Liam are back together after breaking up in 2013 — around the time Miley made herself into a modern-day court jester. But why, exactly, did the pop star transform herself from twerking nincompoop to virginal country crooner?

In an interview with Billboard, Cyrus said that she broke up with Liam because she just like, needed to transform herself. "I needed to change so much. And changing with someone else not changing like that is too hard.

"I f—ing hate it when people can't adjust," she admitted to the mag. "I used to [resist changing]. But I haven't smoked weed in three weeks, which is the longest I've ever [gone without it] … That was just something that I wanted to do."

There you have it. That's how Miley Cyrus became a drug-free, living hipster Virgin Mary figurine. Can't wait for her next phase!

the word

RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

The best man at Pippa Middleton's wedding was actually the worst

Classic British humor, I guess.

You know how Pippa Middleton finally married her very rich beau, James Matthews, this weekend? No, I know — I was too focused on whatever was happening with Meghan Markle and The Hot Ginger Prince, too. But after all, it was Pippa's day, so let's give her some attention for a little while.

According to E! News, the reception was the perfect opportunity for Matthew's best man, Justin Johannsen, to make some uncomfortable bro-y jokes. Hooray!

The bawdy groomsman started off by referring to 33-year-old Pippa as the love of James' life, deeming her "beautiful" and "energetic" and "loyal" and … "soft-mouthed." He added that she "comes on command" and has a "great behind." Oh, dear. "But that's enough about James' spaniel," he quipped. "I'm here to talk about James' love, Pippa." Wow, this dude sounds like a nightmare!

But he said some nice stuff, too. Addressing Pippa directly he said, "I think I can say for everyone, that you look stunning. The image of perfection … You make James extremely happy." Nice, I guess!

So, what has Rihanna been up to?

Maybe you've been wondering: What has Rihanna been up to lately? Besides, like, stunning at the Met Gala and, presumably, smoking a great amount of marijuana?

Well, apparently Rih Rih is in Cannes for the Cannes Film Festival. And she's mostly there to look really, really good. Oh, and to promote her new collaboration with Chopard. It's called "Rihanna Loves Chopard." It's very on-brand. And she has the Instagram pics to prove just how fab her enviable life has been.

Here's Rihanna, casually looking over her shoulder as the sunlight pools through a pair of French doors. French doors in France! Ultimate romance.

And there! Rihanna, eyes closed, embraced by the night sky. Leaning on a balcony while the plebeians rush by in their not chauffeured cars below. Imagining if life can get any better than this, and quickly concluding that no, it cannot.

While Rihanna is living her best life in France, dressed in the finest gowns money can borrow, the rest of us are what? Worrying ourselves over the veracity of Meghan Markle and Prince Harry's love? Wondering how Miley Cyrus is pulling off the hipster virginal bride-child aesthetic? Laughing inwardly at the fact that a sinkhole opened up right in front of Mar-a-Lago?

Rihanna is just doing her, to the envy of us plebes everywhere.

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How Bryan Cranston stays sane in the Trump age

The legend says his new film "Wakefield" taps into our need to escape reality.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Bryan Cranston's post-"Breaking Bad" life has been going great. He played Lyndon B. Johnson on Broadway and won a Tony. His role in "Trumbo" received an Oscar nod. He's co-created an Amazon show, "Sneaky Pete," starring Giovanni Ribisi. His even popped up in the "Power Rangers" movie. Now the 61-year-old legend is in "Wakefield," which really allows him to shine. He plays a wealthy man who whimsically decides not to go home one night. Instead, he holes up in the attic of his garage, pretending to be missing, presumed dead, all while spying on his wife (Jennifer Garner) and kids. And this goes on for months and months.

Ignoring how cruel it is to abandon his family, what your character does here — drop out of society — is pretty alluring these days.

This need we have to slow down or to get away, to release yourself of any kind of responsibility, has been eternal. Especially now, in this day of extreme technology, when we're expected to do more. The advent of all this wonderful machinery has raised our levels of expectation. We're just now feeling the pressure of it.

Bryan Cranston plays a man who pretends that he's missing for months and months in "Wakefield," in theaters Friday. IFC FILMS

It's also important to our mental health to take breaks every now and then from everything Trump does.

That is true. What we have to do is find a compromise. I have not read any news today. We can start with that. You can start by allowing your brain to shut off from the bombardment of information. That on its own is like a minivacation, if you don't read any news.

When I was doing Broadway three years ago, Audra McDonald gave me a tip that she used: She said she didn't speak on Mondays. She needed to rest her vocal chords to be able to continue strong for the rest of the week. I started to do that. And I kept it up. It was not only good for my vocal strength, but it saved my energy. By not speaking, my whole demeanor throughout the day was calmer — and quieter, obviously. I would walk at a slower pace. I would take a nap. Boy, I really shut out — and in the middle of New York City. We are capable of doing that, if we choose to do so.

Looking back

"Better Call Saul" has been bringing more and more "Breaking Bad" characters onto the show. Giancarlo Esposito's Gus Fring is on it now. Do you ever feel left out of the party?

No. "Breaking Bad" had such a natural beginning, middle and end to it. It felt complete to me. I was able to walk away without feeling, "Oh man, I wish we could do more. It feels like an open wound." It really felt like it had closure to it. Most shows are canceled without being completed. But "Breaking Bad" wasn't like that. It had a brilliant close, and I felt great about it. It was time to move on. So, no, I'm just a big fan of "Saul." I love the show, I think it's brilliantly done, and Bob [Odenkirk] is killing it. The look is very familiar, and yet the characters are mostly different, what's going on is different. It's interesting and alluring.

Do you ever think they may call you onto the show, ask you to bring back Walter White?

The answer is: I don't know. I don't!

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The hottest characters on the new 'Twin Peaks'

Both Dale Coopers can get it.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

The new "Twin Peaks" has arrived, and the residents are looking damn fine 25 years later. Here's who's still got it.

Dale Cooper No. 1 (Kyle MacLachlan)
We'll call him "Good Cooper," the FBI agent we know and cherish, with boyish good looks and equal passions for cherry pie and the truth. He's currently trapped in the Black Lodge, contending with bizarro versions of Laura Palmer, the one-armed man and even a deranged, sentient tree, while his BOB-possessed doppelganger wreaks havoc in the real world. We hope he gets out soon. Just look at those kind eyes, that lovely head of hair, that chin!

Dale Cooper No. 2 (MacLachlan)
Bad Cooper! He's more badass than scary, a lowlife con man with bottomless black eyes, shaggy hair, a '70s-era leather jacket — and just enough sex appeal. Until Good Coop's emancipation, we'll gladly watch his villainous version strut around, seduce and set fire to everything in his path.

Laura Palmer (Sheryl Lee)
While we can't say for sure what or who she is now ("I died, yet I live," she tells Cooper, in that slow motion, Black Lodge effect) we're happy to lay eyes on her again, this time, not wrapped in plastic. Lee is still a looker, and we didn't realize how satisfying it'd be to see her lean over and plant a kiss on Cooper's lips. Long live Laura Palmer.

Deputy Hawk (Michael Horse)
What a silver … hawk. He was fine as hell in the original "Twin Peaks," and we're pleased to report he looks exactly the same, dangly earrings and all, only now he's rocking an exquisite silver mane. He fields calls from the Log Lady, who tells him "something's missing," and roams the woods, using his Native American instincts to try and find it. Go, Hawk, go.

Shelly Johnson (Madchen Amick)
The grown-up diner girl is now a total MILF. We catch her throwing back shots with her gal pals at the Roadhouse, while James (James David Greenblatt) can't take his eyes off her from across the room. Where's Bobby? We like the idea of Shelly single and free of dirtbags Leo and Bobby who both dragged her down in her early years.

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Deadheads, rejoice!

The Philadelphia Film Society screens "Long Strange Trip: The Untold Story of the Grateful Dead" this week.

MADELINE PRESLAND
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Although Amir Bar-Lev's newest film will be available to stream on Amazon, you should take the chance to live (or relive) a part of the Grateful Dead experience this week.

Screenings of "Long Strange Trip: The Untold Story of the Grateful Dead are being held in 50 cities May 25, before you can stream or buy it June 2. The documentary is a four-year project for director Bar-Lev, but he's been waiting to make it for 14 years. And yes, he is a proud Deadhead.

"This is my dream project," says Bar-Lev "There were a bunch of times where we thought it wouldn't happen. We have been painstakingly crafting it. I think I made it for non-fans because I feel like Deadheads are horrible at explaining what is so interesting about the band."

Bar-Lev discovered the Dead as a teenager. For him, that was perfect timing, and he thinks today's teenagers are deprived of a similar experience.

"Grateful Dead concerts were a place where a lot of our culture learned to feel free of caring about what other people think," he says. "I learned how to try and live in the present moment. Kids today are constantly thinking about their image and the construction of a story of their lives through social media. Those are things that are directly in opposition of having a good time."

The Grateful Dead are known for establishing what psychedelia meant for music during the '60s and '70s. Their concerts were known for being authentic and organic experiences rather than following the more typical concert format. Their jam-band style meant they were always improvising and letting the music drive them, instead of them driving the music. The film features older footage of the band's shows. Bar-Lev and his crew were also given access to the Grateful Dead music vault to curate and edit a soundtrack that will put the theater experience on a whole other level.

"We created a surround-sound experience that's 3-D," he says.

Grateful Dead singer and guitarist Jerry Garcia in 1975. PROVIDED

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The stroke risk factors you need to know

wellbeing

Stroke is the fifth leading cause of death in the United States. Here's what you need to know about risk factors, symptoms and how to treat it. ISTOCK

TEMPLE HEALTH

Looking for some answers to your medical questions? We've got your back. **Metro** has teamed up with the experts over at **Temple Health** to quell your curiosity.

Stroke isn't an obscure event that only affects a handful of people — it's actually the fifth leading cause of death in the United States. It turns out that our best defense is knowing the risk factors and warning signs. We connected with Dr. Paul Katz, professor of neurology at the Lewis Katz School of Medicine at Temple University and director of the Stroke Program at Temple University Hospital. Here's what you need to know.

What happens when you have a stroke?

Stroke really is a major public health problem. There are two different kinds. An ischemic stroke is caused by a blood vessel blockage that impairs blood flow to the brain; hemorrhagic stroke happens when a blood vessel actually ruptures, causing bleeding in the brain. Both are very serious, accounting for over 795,000 cases per year. More common than not, it affects people 50 and over.

What are the risk factors?

The most powerful thing people can do is understand the risk factors. Hypertension (also known as high blood pressure), diabetes, coronary artery disease, history of stroke and smoking are far and away the biggest threats. Unhealthy cholesterol levels also play a role, although it's not as robust.

What are the symptoms of a stroke?

At Temple, we follow the FAST approach — face, arm, speech, time. Is there a facial droop or numbness? Is one arm weaker than the other or feeling numb? Has speech become impaired? If the answer to any of these questions is yes, it's critical to call 911 immediately since the most effective treatments are time sensitive. The FAST system allows ourselves and others to pick up on the more subtle symptoms.

Are strokes treatable?

Treating an ischemic stroke comes down to eliminating the dangerous blood clot that's causing the problem. With a hemorrhagic stroke, the goal is to stop the bleeding in the brain. Regardless of the type of stroke, the best chances of success happen when the patient gets help sooner rather than later.

What makes Temple's Stroke Program special?

Our patient population, which is exceedingly high-risk, is what inspired us to start a formal risk reduction clinic. Here, we focus on managing dangerous risk factors to reduce the odds of stroke. This includes getting people's blood pressure under control, keeping track of their medications, educating them about why it's important, and also empowering people by teaching them the signs and symptoms of stroke so they can get help ASAP. We also have a monthly stroke risk screening to help get the word out in the community. MARIANNE HAYES

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Instagram could be the reason you hate your life

While many find scrolling through Instagram to be a soothing, mindless pastime (pretty pictures, what's the harm?), it turns out the app of sunsets and selfies is majorly messing with your head. Selena Gomez was onto something!

According to a new study from England's Royal Society for Public Health and the advocacy group Youth Health Movement, Instagram ranked as the worst social media platform for mental health among users in their teens and early 20s.

The report, called #StatusofMind, compiled data from a 2017 survey of nearly 1,500 young people ages 14-24 across the U.K. They were asked to score how various social media platforms impact feelings of FOMO, body image, anxiety, etc. YouTube ranked as the most positive, followed by Twitter, Facebook, Snapchat — and then Insta.

Huh. Wouldn't Twitter be the most anxiety-inducing? Are younger folks less affected by the onslaught of apocalyptic news than they are vulnerable to the FOMO of spotting a pic of a barbecue they weren't invited to? Also: Do people still watch YouTube for anything besides trailers, music videos and makeup tutorials? (Perhaps that's why they find it so positive.)

When it comes to social media's negative mental health impact, a new study says the app of sunsets and selfies might be the most detrimental. ISTOCK

"Socializing from behind a screen can also be uniquely isolating, obscuring mental health challenges even more than usual," Laci Green, a 27-year-old professional health YouTuber with 1.5 million subscribers, said in a statement. "As the first generation of social media users become adults, it is important that we lay the groundwork now to minimize potential harm and shape a digital future that is healthy and thriving." Sure.

At the end of the day, we'd all do well to pay closer attention to how the social media experience makes us feel. If your chest tightens as you scroll past a photo your ex posted with his new girlfriend, honor that feeling by maybe … unfollowing him. If your frenemy's glam selfies make you feel inferior, remind yourself that it probably took multiple attempts and filters before she hit post. And if it's too much, do as Selena and just delete your account. KATE MOONEY

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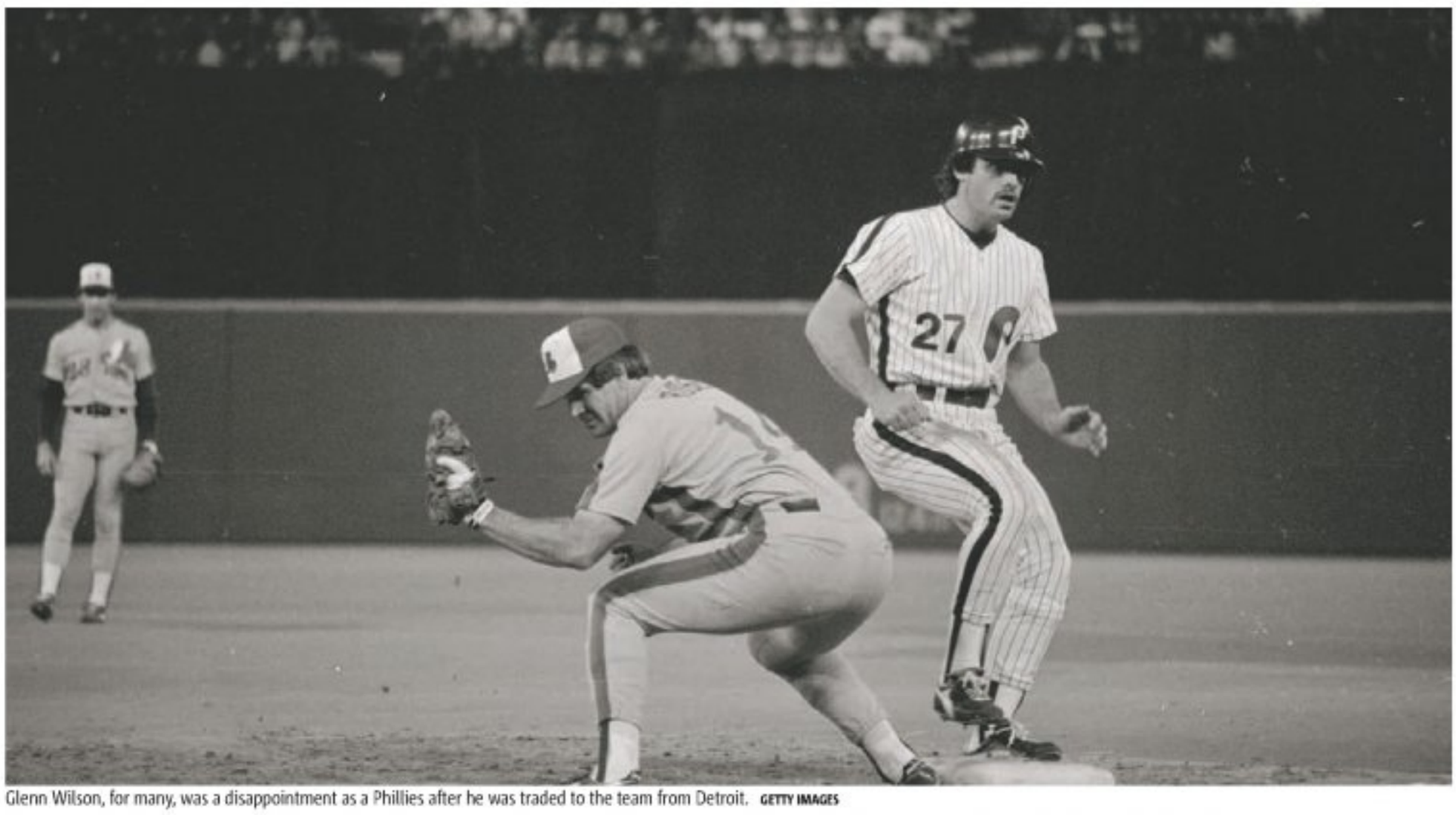

Glenn Wilson, for many, was a disappointment as a Phillies after he was traded to the team from Detroit. GETTY IMAGES

Any ballplayer who says he doesn't track the stats of guys he's been traded for is lying. Of course he does. No one wants to be remembered as the short end of a deal.

Larry Andersen jokes about being half of an historically one-sided trade — going from Houston to Boston for future Hall of Famer Jeff Bagwell. Hey, L.A. pitched 17 years in the majors. He needn't apologize for anything.

For Glenn Wilson, however, being the wrong half of a lopsided deal created embarrassment he couldn't laugh off. For Wilson, the emotional pain briefly led him to consider suicide.

A little background: Wilson, a rifle-armed right fielder, was swapped from Detroit to the Phils one week before Opening Day in 1984. In return, the Tigers got 1B Dave Bergman and reliever Willie Hernandez, who'd pitched to a so-so 3.72 ERA his first seven seasons.

In Detroit, however, Hernandez discovered his screwball. He threw 140 innings of flawless relief that season, leading the Tigers to a World Championship and winning the Cy Young and AL MVP awards.

Meanwhile, Wilson struggled, hitting just .240 with six homers. That October, the Phils sent him to the Fall Instructional League in Arizona.

It was there, on the 60th floor of a high-rise hotel, that Wilson watched the Tigers win the World Series. While happy for his old teammates, he felt shame. He couldn't separate Hernandez's great season from his own underachievement. In Wilson's mind, he hadn't lived up to his end of the trade.

"I walked onto the balcony while my wife watched the celebration," he recalls. "I looked over the railing and thought, 'I could do this.'"

The idea of jumping passed after a moment, but the pain was genuine. Athletes measure themselves many ways, but one is always in comparison with those they've been traded for.

Wilson was a guest last week on the Inside Corner Podcast that I co-host with Leslie Gudel. He had ups and downs after that rough season. In 1985, Wilson rebounded with 102 RBIs and an All-Star Game appearance. He earned the nickname "Glennbo," and was voted the Philadelphia athlete fans most wanted to enjoy a beer with.

"Worst thing I ever did was driving in 100 runs," he jokes, "because after that, people came to expect it." In four seasons here, Wilson totaled 49 homers and 271 RBIs. He also gunned down an amazing 61 runners from the outfield.

He moved on to Seattle, played 10 seasons total and, like most players, left the game with injuries. Doctors prescribed Vicodin, and Wilson wound up taking seven or eight pills a day to ease the pain. Watching a TV show on the opioid epidemic more than a decade later, he came to realize he was an addict.

He quit the drugs, winning his toughest battle. He suffered through other lows (listen to the podcast), before finding redemption in religion. These days, Glenn Wilson is an ordained minister preaching the gospel to prisoners.

He finds salvation through his belief in God.

Fans watch and cheer for the guys we think we know. Often, there is so much more there.

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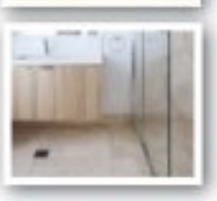

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Can the Union continue their improbable turnaround as the MLS season continues? GETTY IMAGES

In case you didn't know, Philly Union are performing miracles

Don't look now, but the once winless, bottom-feeding Union are back in playoff contention.

JEFF MCMENAMIN
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Improbable doesn't even begin to describe this turnaround for the Philadelphia Union (4-4-4).

What the Union are currently doing on the soccer field is inching closer to miracle status and there are no signs pointing to them slowing down.

After an eight-match winless streak to start the season, the Union have rattled off four-straight wins, including a 2-1 victory over the Colorado Rapids (2-8-1) on Saturday.

They've picked up 12 points in just three weeks, propelling them into a tie for seventh place in the Eastern Conference with 16 points. They're just one point away from a playoff spot in the East.

"Confidence is a heck of a thing," Union manager Jim Curtin said. "If you could bottle it up and sell it you'd make a heck of a lot of money. … We learned a lot in the hardest of times and when people talk about culture I would point to the fact that Earnie [Stewart] kept us together, the players stayed together and that's really what culture is about."

The Union have outscored their opponents an astounding 11-1 during their winning streak. They're excelling on both sides of the ball which is truly astonishing, considering how dead in the water they looked just a month ago.

"We don't have any star players," Union midfielder Haris Medunjanin said. "We have to fight with each other and take the three points with each other. We have a good team. Everybody can replace everybody. We need to stay 100 percent focused for every point."

The four-straight wins is a franchise record. They'll look to extend it on Saturday night against Real Salt Lake (3-8-2).

Like last season's eight match unbeaten streak early in the season, fans still question whether or not they can keep this success alive. But for a fan base that suffered through 15 matches without a win, this is certainly something to celebrate.

Saturday night's game will air at 8 p.m. on Comcast SportsNet.

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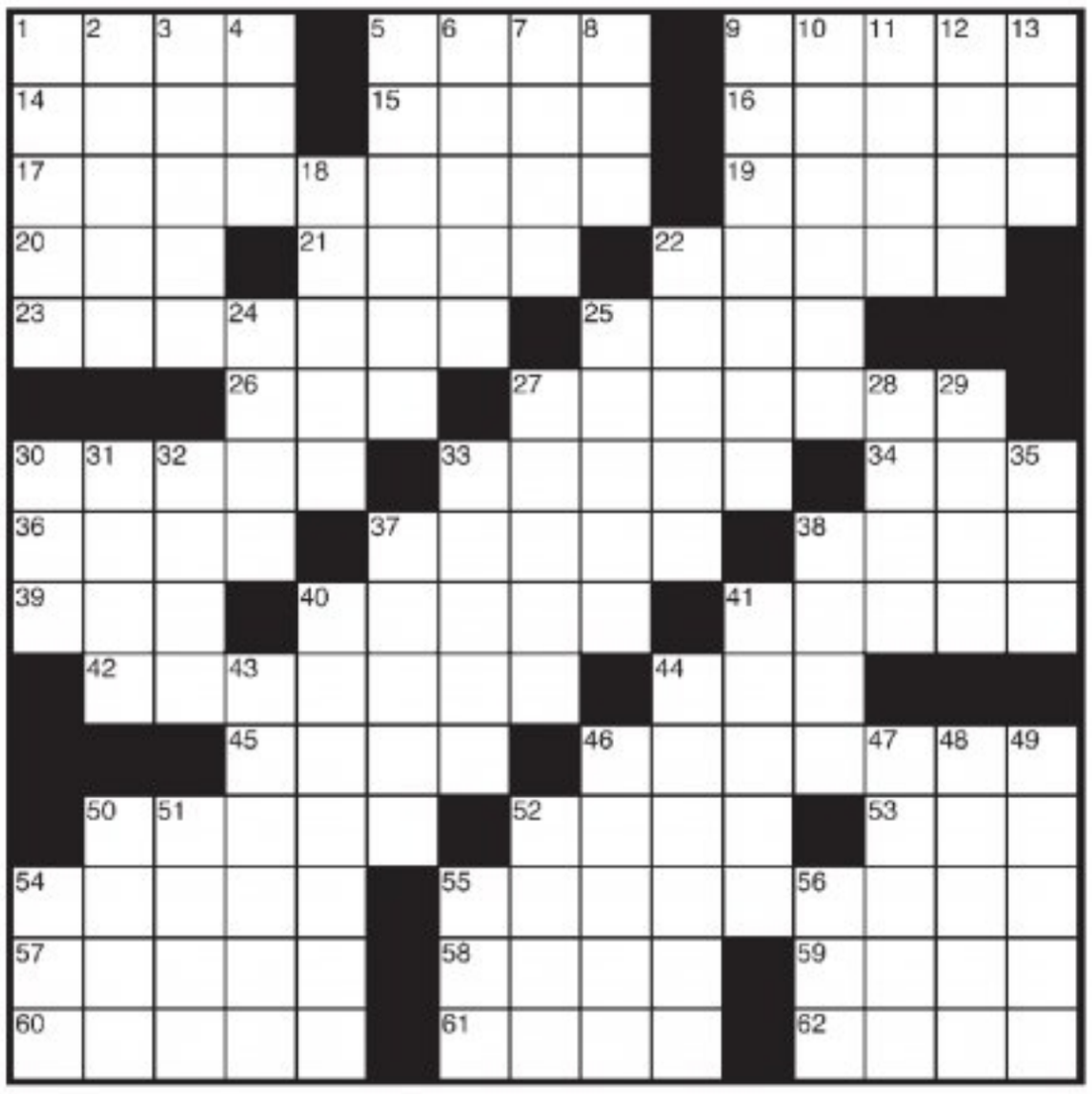

metro.us/sudoku

easy

	7	3	6	2				
	5			1	7	6		
1	6							
4		7	9					
	3	1				9	8	
					8	7		6
							6	3
		8	7	4			5	
				8	9	1	4	

hard

						5		2
	2						3	
3		5	9					6
	4			3	2	9	5	7
			4		7			
7	3	6	5	9			2	
1					6	3		4
	5						1	
4		8						

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Aries Take any opportunity you get to learn something new. Enlist the help of an expert to ensure that you get things done properly. Love and romance should be priorities.

Taurus You'll come up with a great idea, but before you share it with others, get the groundwork done. You'll need help, but it'll only come if you've prepared the way.

Gemini Jump in and get things done. Your ability to adapt, take charge and make things happen will turn you into the go-to person. Your popularity is on the rise.

Cancer A partnership will suffer if you don't do your part. Consider the best way to keep each party's responsibilities equal if you want to avoid any change of plans.

Leo You'll adapt easily to whatever comes. Take action and get things done in order to avoid an emotional standoff with someone who tends to be stubborn and critical.

Virgo Share your thoughts and feelings if you want to get others to listen and contribute to what you are trying to accomplish. A business trip is encouraged.

Libra Money matters will be difficult to figure out. You'll want to be prudent, but at the same time will be tempted by an offer that appeals to your sentimental side.

Scorpio Emotions will take control and should be channeled into something that will make your life and a relationship with someone special better. Focus on love.

Sagittarius Engage in things that you can do with someone you find easy to collaborate with. Working as a team player will encourage you to promote your capabilities.

Capricorn Time spent at home working or doing things that you have left unfinished will be most satisfying. Don't engage in other people's projects. Do your own thing.

Aquarius Share your feelings with someone you can help or be helped by in order to come up with a dynamite plan. Working together, you will be quite a team.

Pisces Uncertainty will lead to mistakes. Ask questions, gather facts and make your move before time runs out and an opportunity is missed. Know your limits. EUGENIA LAST

Yesterday's answers

D	I	P	S	■	N	I	G	H	T	■	E	G	G	■
E	R	I	C	■	A	L	L	O	Y	■	T	A	R	A
L	I	S	A	■	B	L	O	O	P	■	A	L	E	C
■	S	H	R	U	B	■	W	H	I	S	T	L	E	R
■	■	■	A	M	I	E	■	A	S	H	■	U	T	E
W	E	B	B	I	N	G	S	■	T	E	M	P	■	■
A	D	O	■	A	G	R	E	E	S	■	O	P	A	L
C	A	U	L	K	■	E	W	E	■	N	O	O	N	E
O	M	N	I	■	S	T	E	R	E	O	■	L	I	V
■	■	D	E	M	O	■	D	I	S	M	A	L	L	Y
K	E	A	■	E	L	F	■	E	S	A	U	■	■	■
R	A	R	A	A	V	I	S	■	A	D	D	E	D	■
I	T	I	N	■	E	L	E	G	Y	■	R	U	I	N
S	U	E	T	■	R	E	E	S	E	■	E	R	N	E
■	P	S	I	■	S	T	R	A	D	■	Y	O	G	A

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